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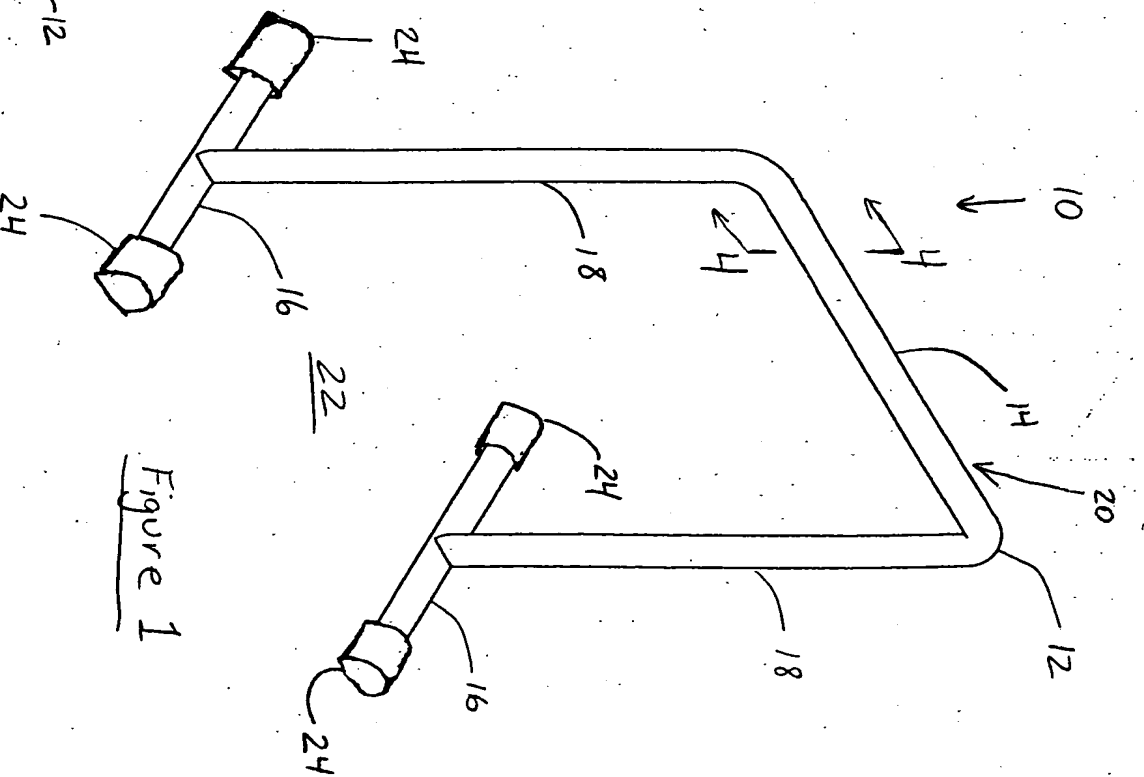
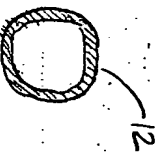
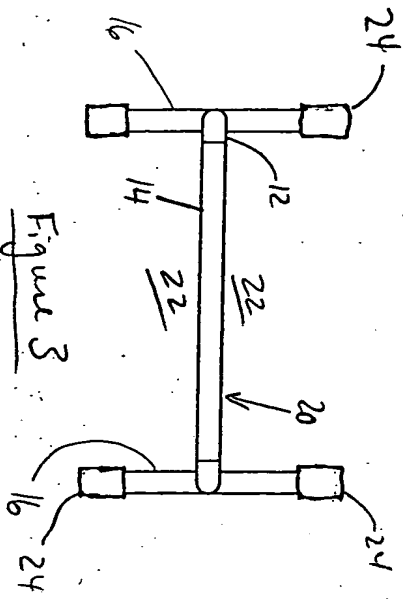
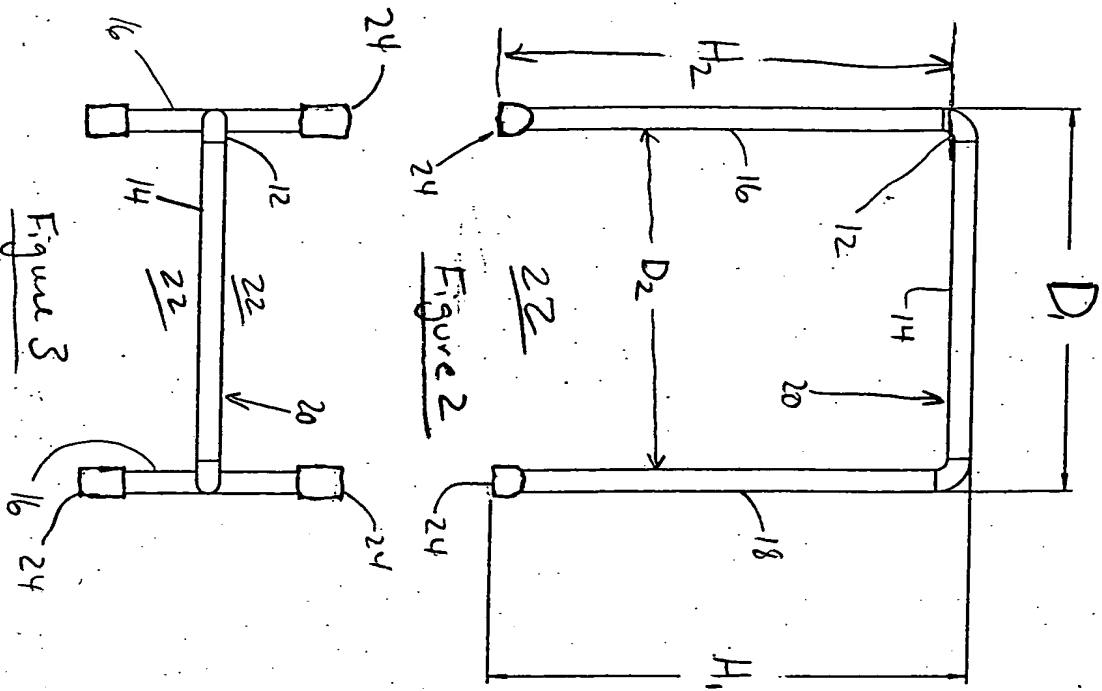
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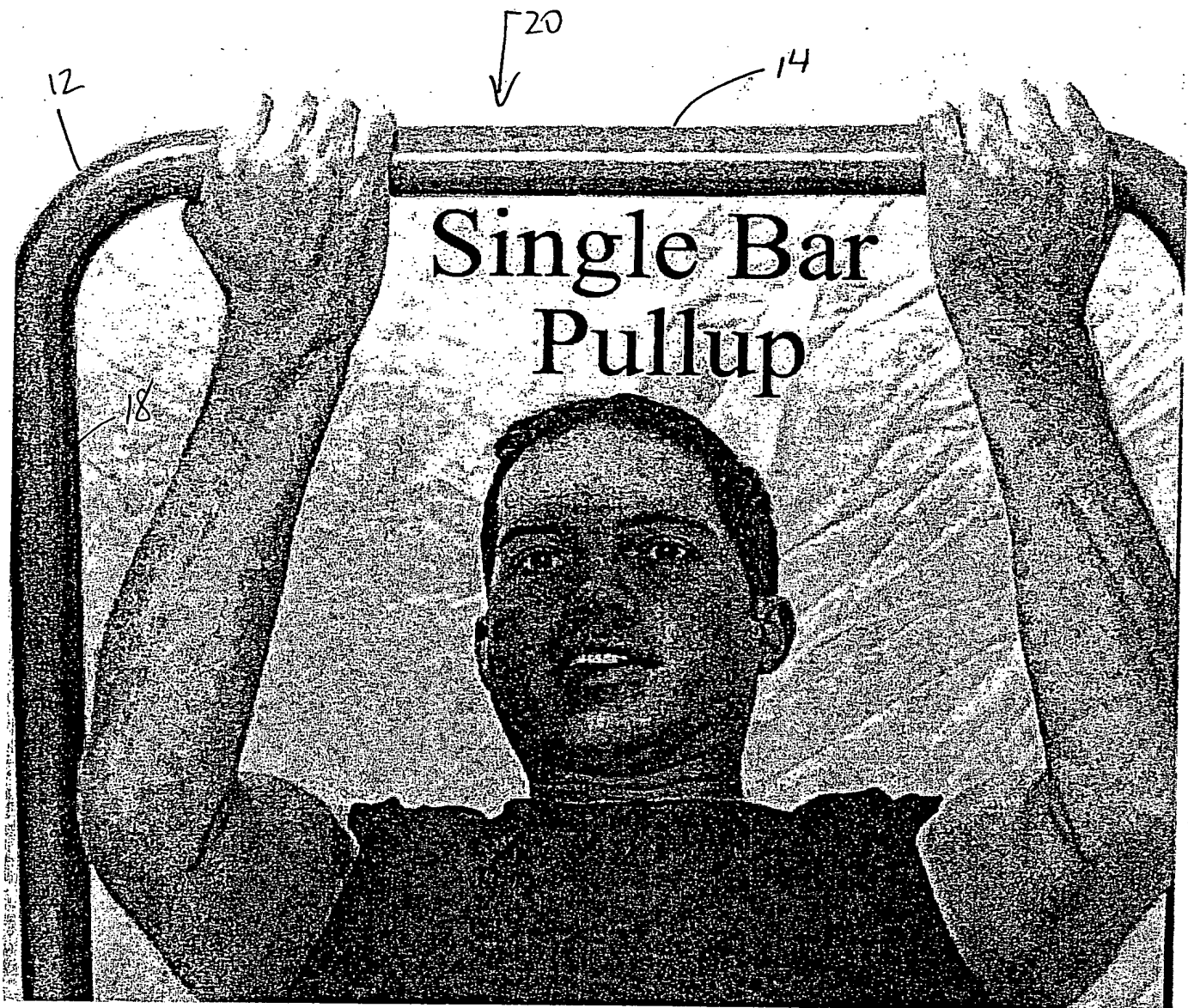


Figure 5

Abdominal exercise

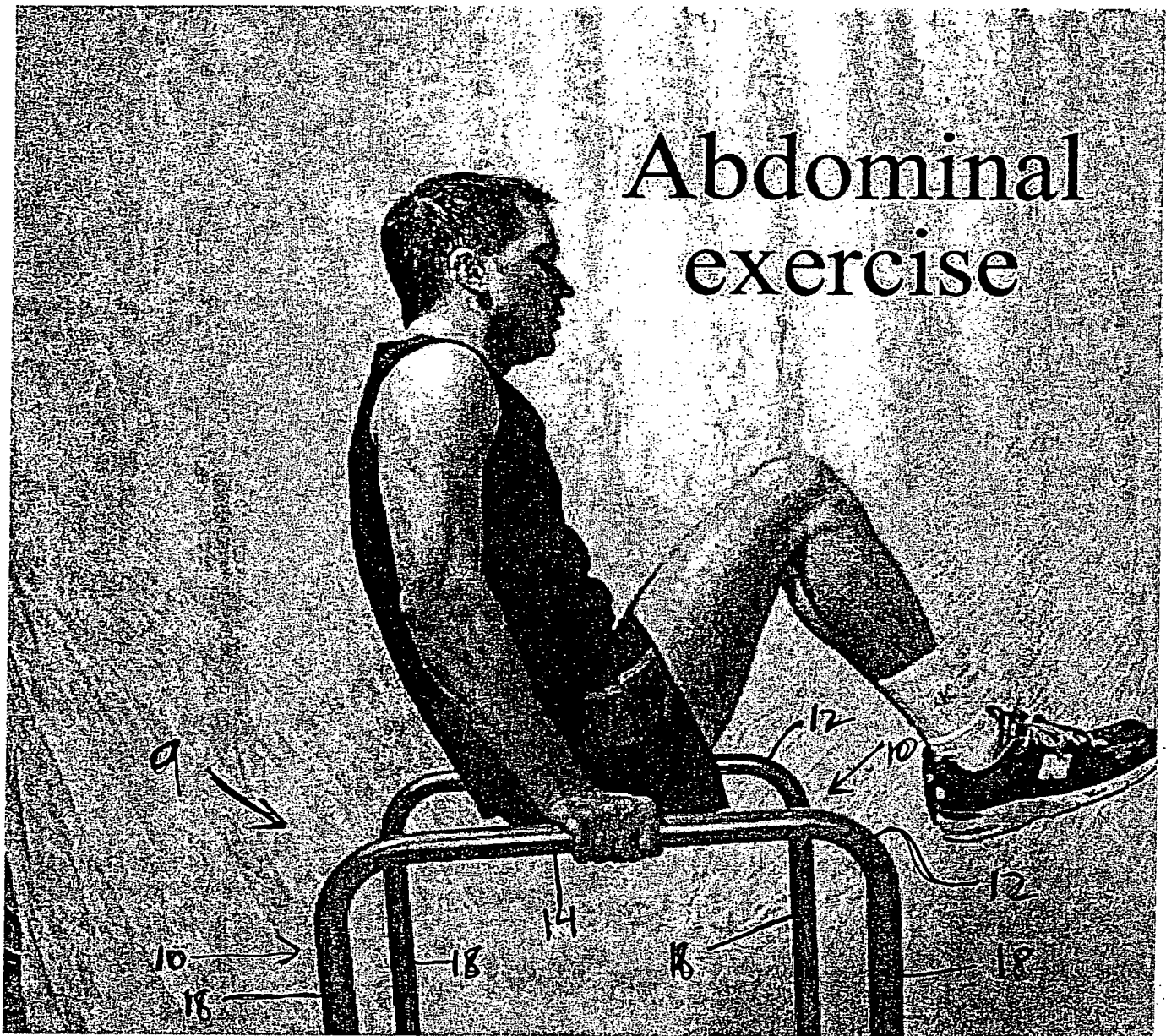


Figure 6

Bicep Curl

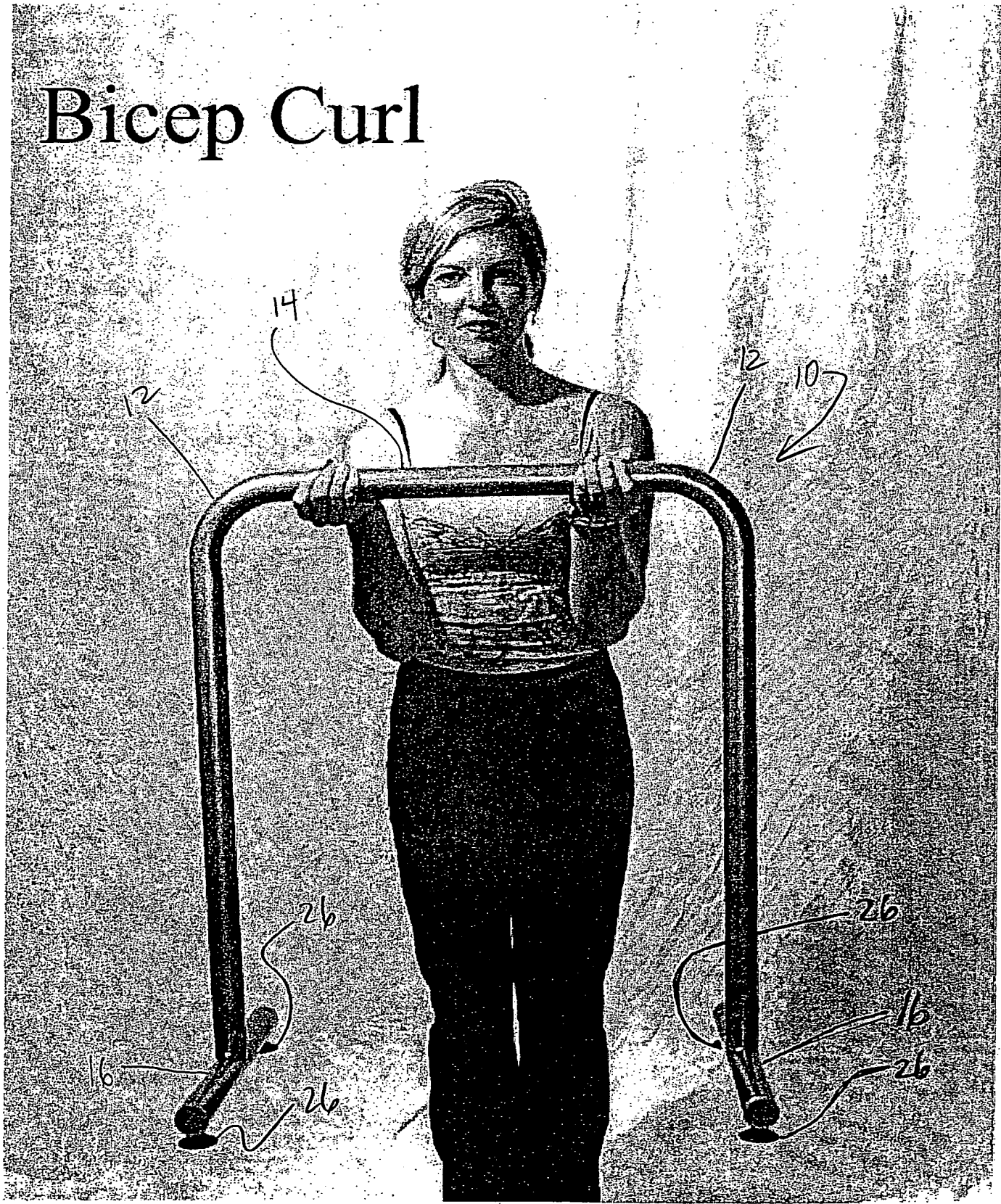


Figure 7

Dip



Figure 8

Dips

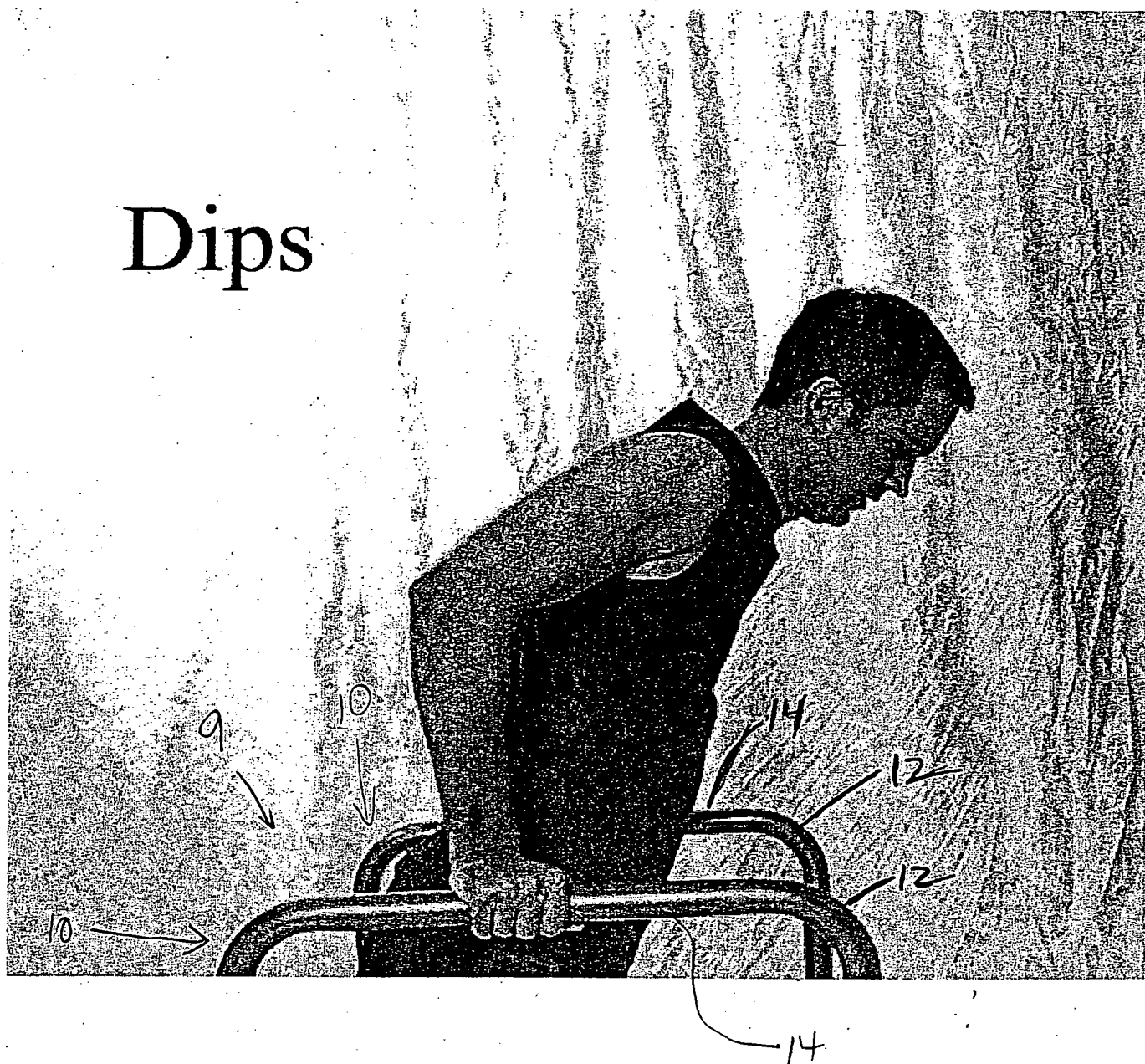


Figure 9

one leg pull up

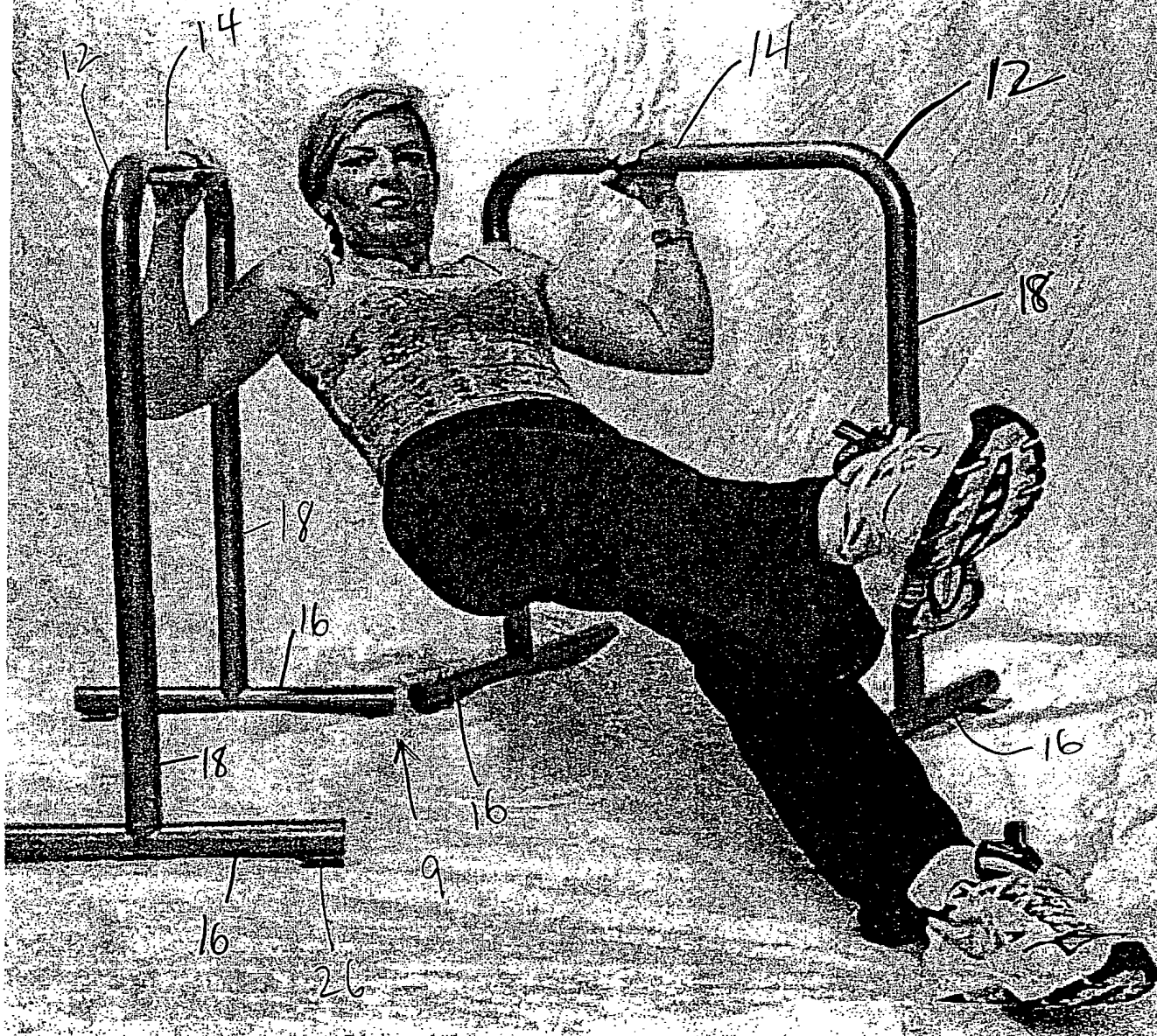


Figure 10

one leg push up

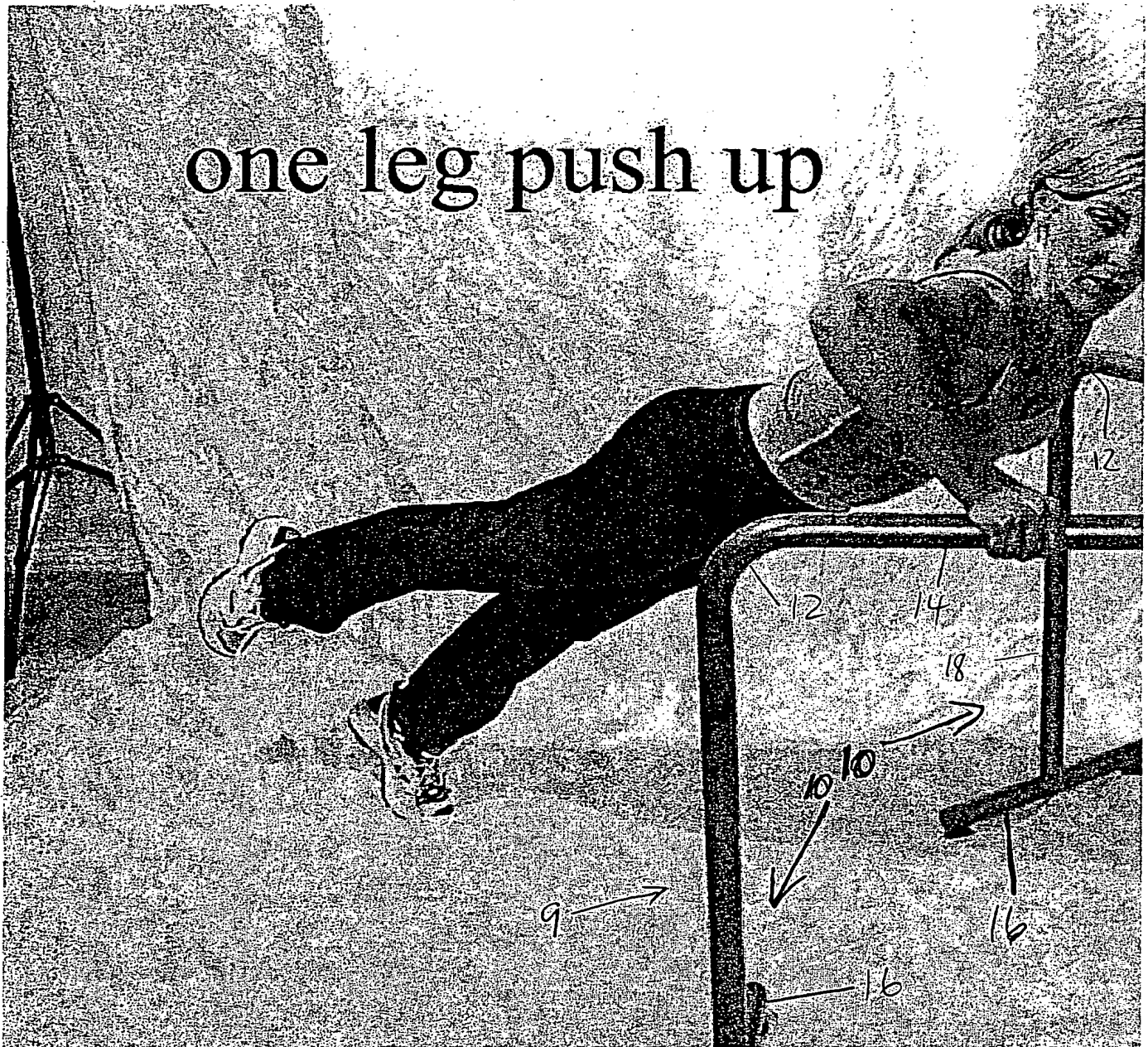


Figure 11

Overhead tricep extension

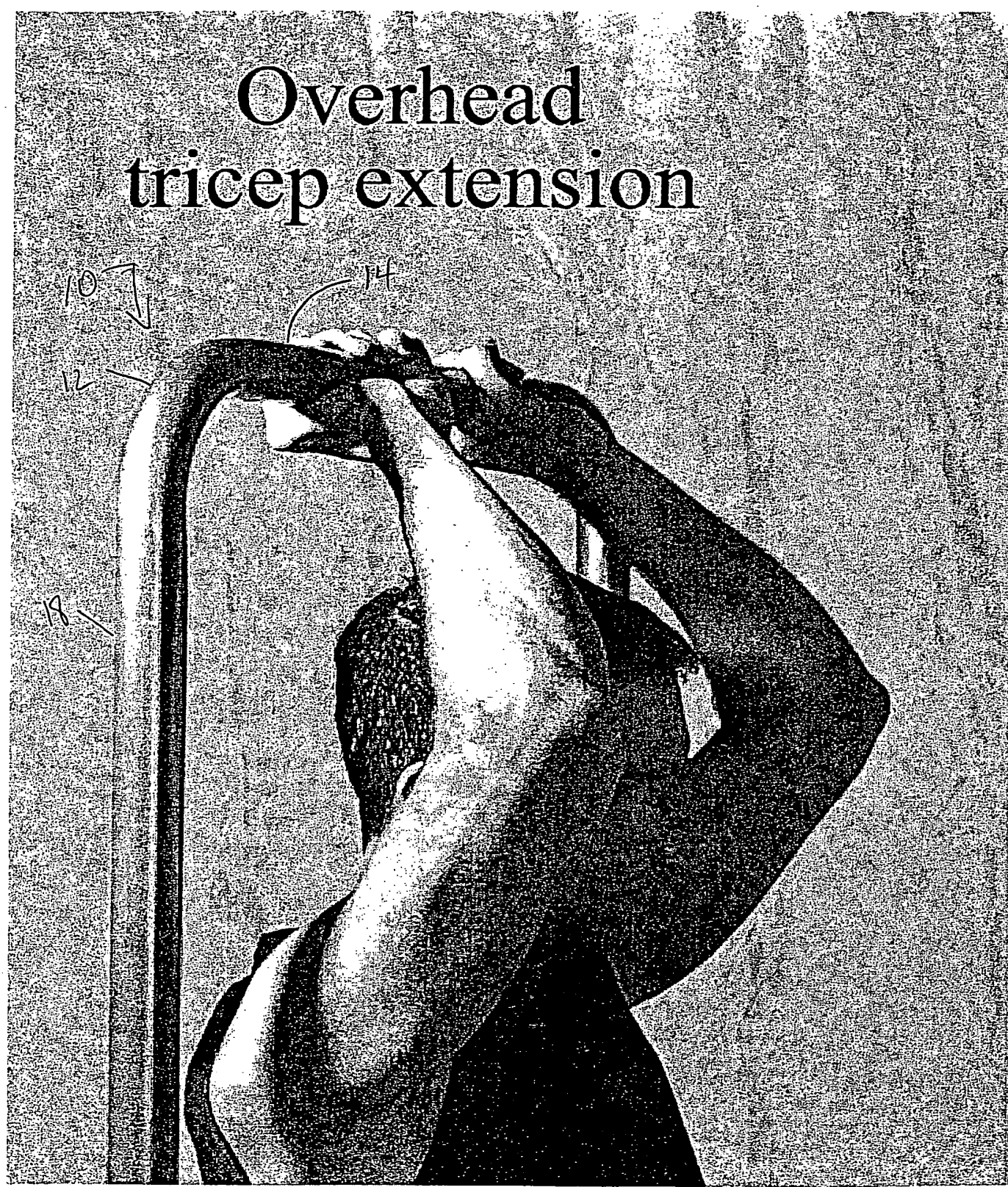


Figure 12

Pull Ups

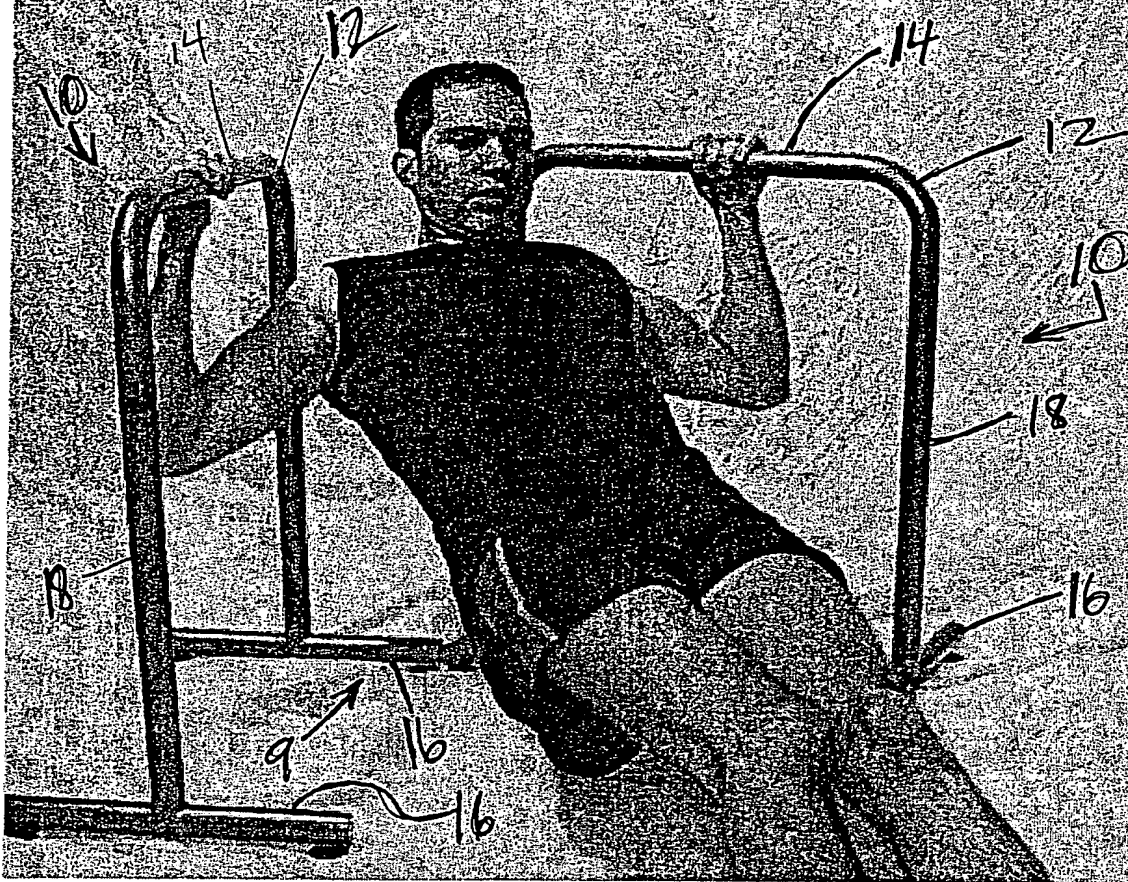


Figure 13

Push Up

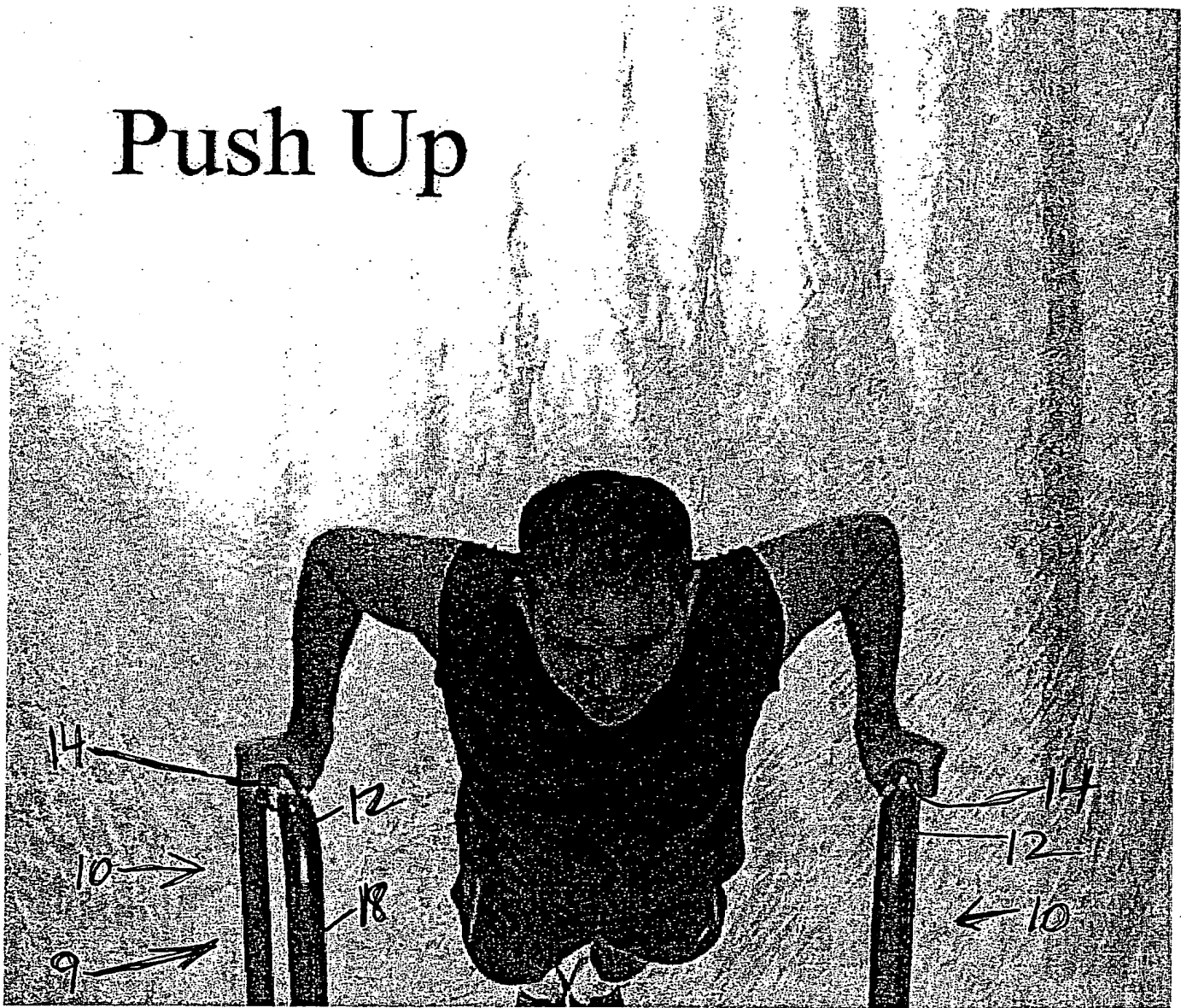


Figure 14

Side lateral

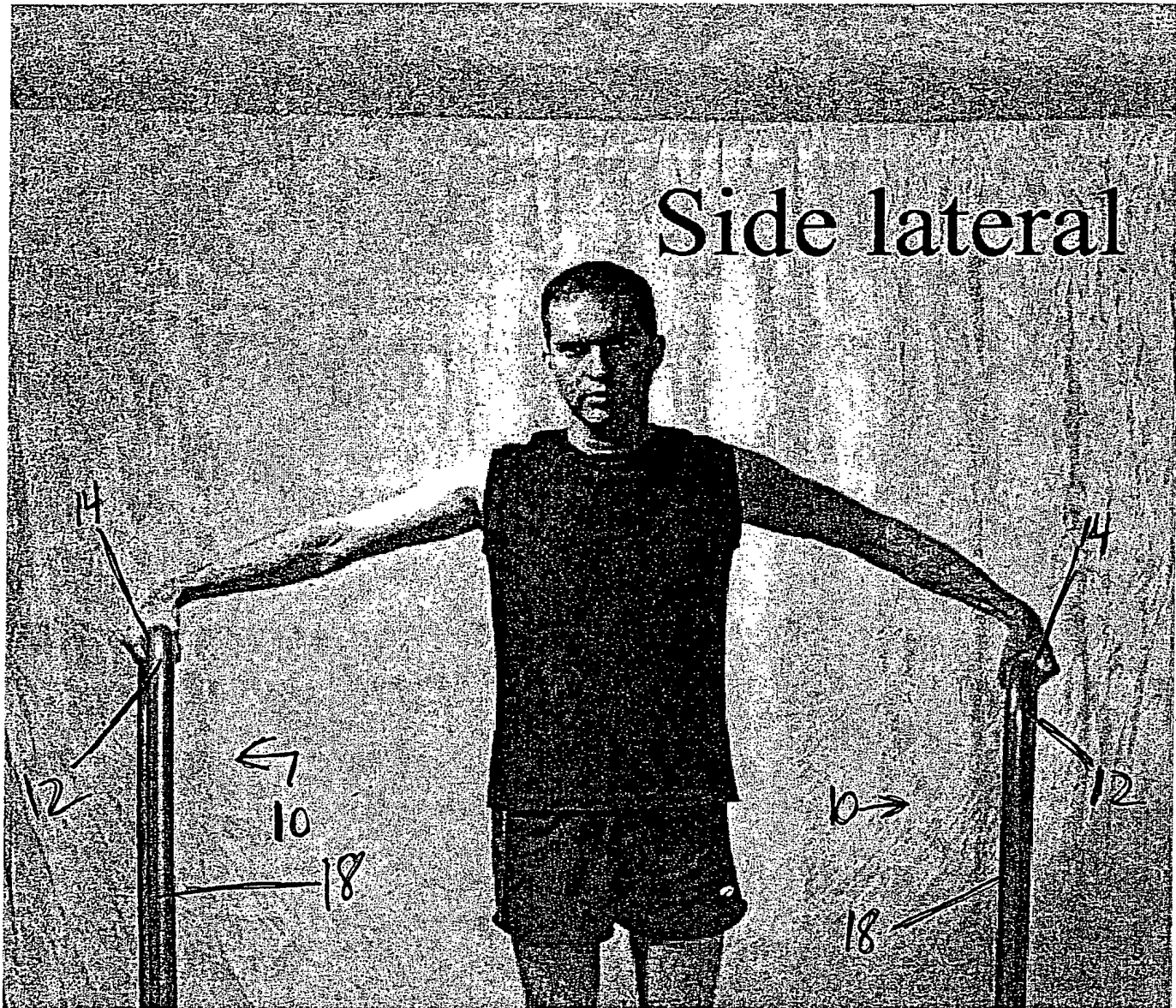


Figure 15

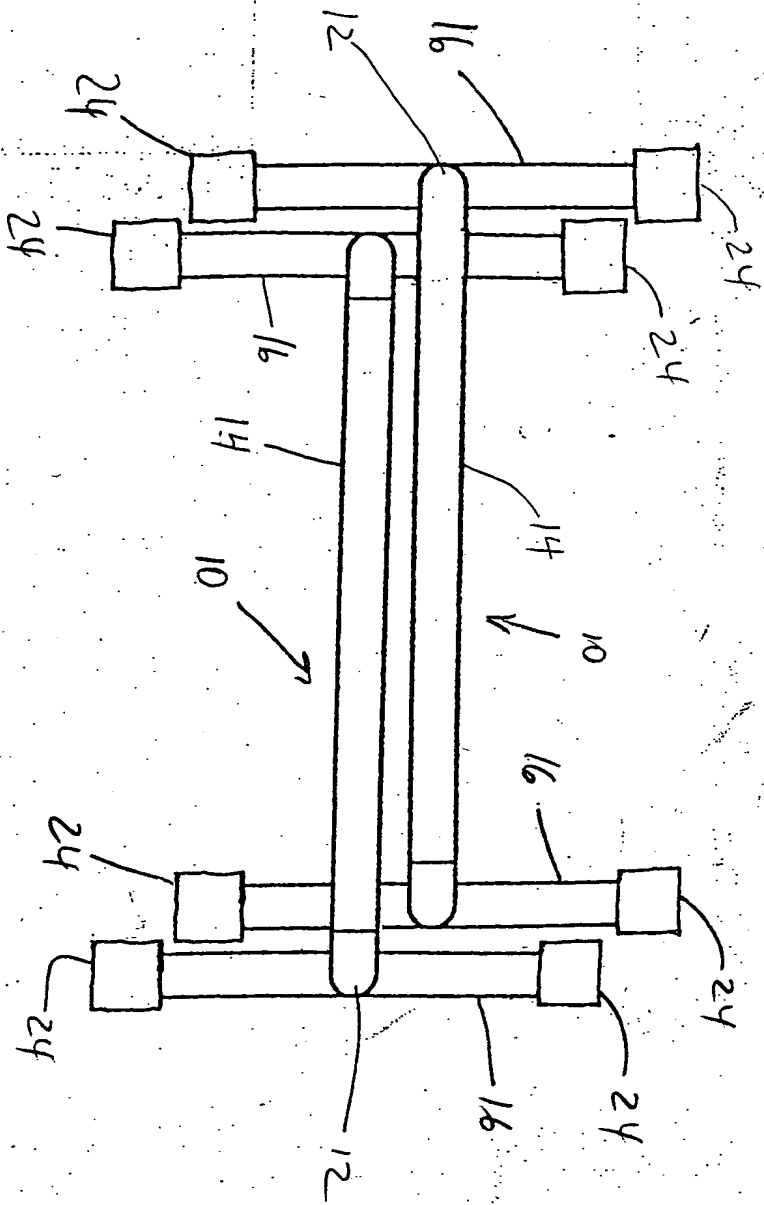


Figure 16

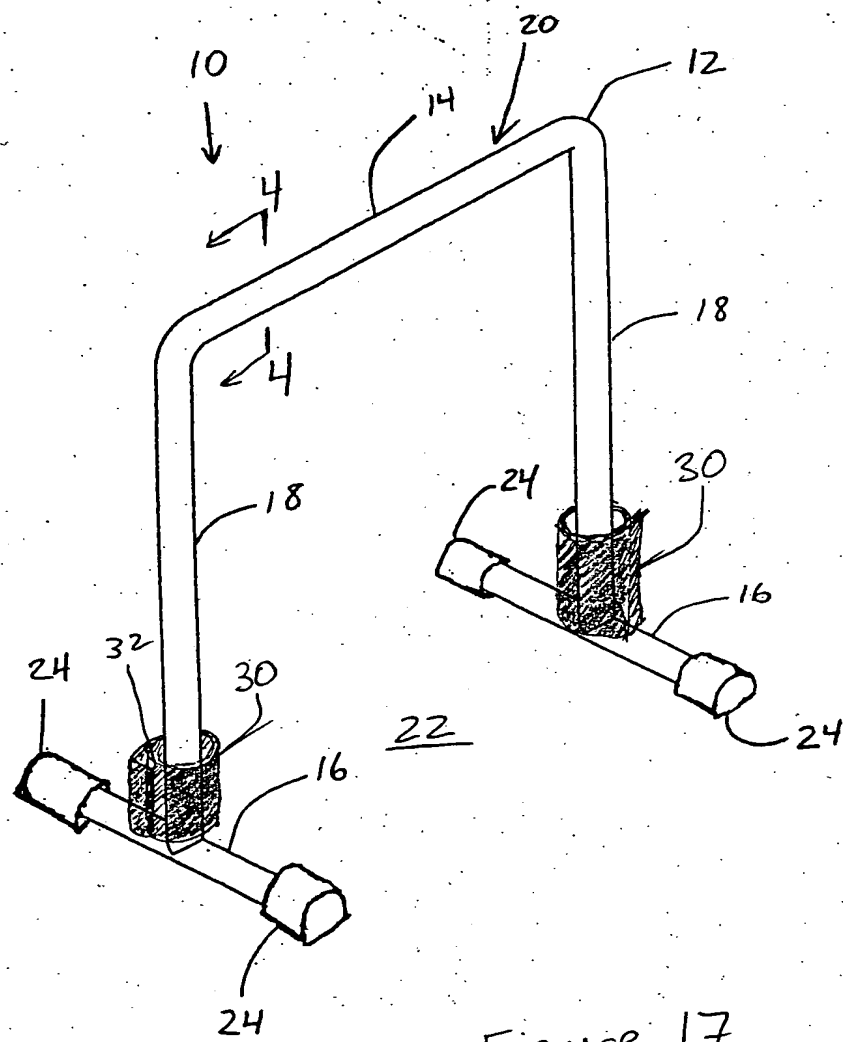


Figure 17